

Information on Self-Mutilating Behavior (SMB):

- SMB: "... a problem rarely discussed ..." *MSNBC.com*
- "As many as 40% of kids have experimented with self-injury." *J. Hagman, Children's Hospital, Denver*
- "The average self-injurer begins between 11-14." *The New York Times Magazine*
- SMB is prevalent in all races and economic levels. One in every 250 girls; 2.7 million teens in the United States.
- SMB is as common as eating disorders in teens. *Psychiatric Disorders.com*

For more information please contact:

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Helping Youth
Who
Self-Injure

**A Workshop for
Mental Health
Professionals**

DATE & TIME:

Friday, September 21, 2007

8:30AM – 4:00PM

LOCATION:

The Festival Center at
James Madison University
Harrisonburg, VA

Sponsored by :

Augusta County Schools &
The Central Shenandoah Youth
Suicide Prevention Initiative



**Central
Shenandoah
Youth Suicide
Prevention
Initiative**

Helping Students Who Self-Injure

Helping Students Who Self-Injure will help participants to:

- Define and identify self-injury
- Identify and discuss the cycle of self-mutilating behavior
- Identify and discuss feelings and triggers
- Discuss strategies for working with students who self-injure
- Set boundaries and build connections
- Build self-management techniques

The workshop is appropriate for:

- School counselors
- School administrators
- School nurses
- School psychologists
- Social workers
- Private practitioners
- Students in counseling, school & clinical psychology

WORKSHOP FACILITATOR:

KAYE RANDALL, LISW-CP

Kaye Randall provides clinical services to children and adolescents who experience difficulty both emotionally and psychologically.

She has conducted professional seminars on topics of self-mutilation and relational aggression. She also has extensive experience in bipolar disorder, depression, crisis intervention, and child abuse and neglect.

In 2001, Ms. Randall was selected the social worker of the year by Council on Adoptable Children. She is co-author of *See My Pain?, Creative Strategies & Activities for Helping Young People Who Self-Injure*, *121 Creative Strategies for Working with Depressed Children & Adolescents*, and *Mean Girls: 101 1/2 Strategies for Working with Relational Aggression*.

REGISTRATION FORM

Registration Deadline:

Monday, September 3, 2007

The cost for this program is \$75 (\$50 for graduate/undergraduate students) which includes all training materials, a continental breakfast and lunch.

Please Make Checks Payable To:
Augusta County Schools

Name: _____

Title: _____

Organization: _____

Address: _____

E-mail: _____

Phone: _____

PLEASE MAIL TO:

**Augusta County Schools
Attention: Elaine Almarode
6 John Lewis Road
Fishersville, VA 22939**